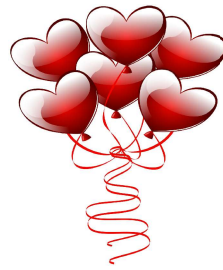





Perquimans Seniors Activity Calendar 426-5404 www.pcseniors.org



February-20

Open
Monday-Friday
8am - 5pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer Stations & Fitness Room Open 8:30am - 4:30pm			Wed - Feb 5th EMS 9:30am Census 2020 11am		Friday February 7th NATIONAL WEAR RED DAY! Heart Healthy Food Demonstration 11am	1
 2 Chili & Covered Dish 5pm	3 Billiards 8-5 Exercise Class 10am Rook & Other Games 1pm	4 Billiards 8-5 Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm	5 Billiards 8-5 Begin Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Birthday Celebration 12:15pm Afternoon Games 1pm Bingo 2pm	6 Billiards 8-5 TOPS 10am Choir 1pm Afternoon Games 1pm I-Phone 2-3:30pm Line Dancing 6pm	7 Billiards 8-5 Exercise Class 10am Valentine Bead Bracelets 1pm Afternoon Games 1pm	8
9	10 Billiards 8-5 Exercise Class 10am Cancer Prevention & Early Detection 11am Afternoon Games 1pm	11 Billiards 8-5 Van Trip 9am Billiards Tournament 9:30am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	12 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Bell Choir 11am Afternoon Games 1pm Bingo 2pm	13 Billiards 8-5 TOPS 10am Choir 12:30pm Afternoon Games 1pm I-Phone Class 2-3:30pm Line Dancing 6pm	14 Billiards 8-5 Exercise Class 10am Show and Tell 11am Afternoon Games 1pm Onley Place 5pm	15
16	17 Billiards 8-5 Exercise Class 10am Ice Cream Social by Marcheta Sawyer 1pm Afternoon Games 1pm	18 Billiards 8-5 AARP Driver Safety 8:30a-1pm Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm	19 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Protect yourself from Scams 11am Afternoon Games 1pm Bingo 2pm	20 Billiards 8-5 Friendship Rocks 9am TOPS 10am Exercise Class 10am Choir 12:30pm I-Phone 2-3:30pm No Line Dancing	21 Billiards 8-5 No Exercise Class  **CARD PARTY!** 12noon-4pm	22
23	24 Billiards 8-5 Exercise Class 10am Heart Health 11am Afternoon Games 1pm Basic Billiards 1-3pm	25 Billiards 8-5 TOP GOLF 8:15am Madelyn's Music Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	26 Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am History with Phil 11am Afternoon Games 1pm Bingo 2pm	27 Billiards 8-5 Footloose 8:45am TOPS 10am Choir 12:15pm Afternoon Games 1pm I-Phone 2-3:30pm Line Dancing 6pm	28 Billiards 8-5 Exercise Class 10am Senior's Now 11am Movie "Harriet" @ Library Leave 12:40 Afternoon Games 1pm Yoga 3pm	29  Pot Luck Supper Social 6-9PM